

What is a yoga conference all about?

Becky Pritchard had no idea, and went all the way to the Inside Yoga Conference in Frankfurt to find out...



Young Ho Kim

The beautiful Faith Hunter and myself sneak through a side door into a grand hall, chandelier lit like the ballroom from *Beauty and the Beast*. Two hundred yogis eagerly wait and we hurry to the only space left in the top corner and roll out our mats. On stage sit six top international yogis and the DJ East Forest, with his decks set up behind them. Some gentle words are spoken in German and then...

Inhale, hands to the heart, music starts... Welcome to Frankfurt Inside Yoga Conference.

The inspirational welcome flow led by Young Ho Kim was the perfect start to a weekend of inspiring yoga and lots of laughs (and sweet soreness). Every Updog and Wild Thing was a special treat as it was a chance to get a



glimpse of the beautiful 19th century Palm House (Botanical Gardens) and the stunning artwork on the ceiling, where the conference was held.

Just a week earlier I had no idea about this conference or who **Young Ho Kim** was, let alone imagine that I would be attending back-to-back classes with teachers such as **Dice Iida Klein, Daniel Scott, Faith Hunter, Matt Giordano, Alexandra Harfield** and **Young Ho Kim** himself, and all in one weekend. It all happened because of a fluke encounter at a birthday party seven days earlier, and that ah-ha moment of asking 'WHY NOT?'.

The Inside Yoga Conference is an annual and expanding dream of Young Ho Kim, having successfully launched the conference in Austria in 2008. Over the years it has expanded to Frankfurt and in May next year they will launch their retreat-like conference in Turkey. Frankfurt 2015 included 13 top international teachers each with their own unique style. (www.insideyoga.de)

"Yoga has deep and ancient roots that we care for and honour. Nevertheless, everything is changing

I respect tradition but I truly believe in evolution, and that is what Inside Yoga is.
— Young Ho Kim

— even yoga. I respect tradition but I truly believe in evolution, and that is what Inside Yoga is. The cutting edge melting pot for the latest development in alignment and Vinyasa. All teachers at Inside Yoga Conferences are those who lead the evolution and are perhaps even rebels in their style. Why? To bring everyone together to flourish the yoga scene and to give evolution a little push," said Young Ho Kim.

My first impression was how refreshing and exciting it was to have male teachers outweigh



Matt Giordano on why he loves the Frankfurt Yoga Conference: "Mostly for the community – both the group of teacher that come to share and the student that come to learn. I feel a sense of love shared between everyone. I feel the student comes with friends and makes new friends, and the teachers bond and become really close friends if they weren't already. To me it's a big festival of fun and love."

the female teachers for a change. Dice, Matt and Daniel seemed to have a special bond, which came through during classes where each would help out and assist. Spreading that extra bit of love and fun around the room, which sometimes gets lost when classes are anywhere from 60-100 people. Their camaraderie was lovely to see!

Not only were these teachers easy on the eyes, their years of practice and strength had them flying into impressive inversions at most opportunities.

A little intimidated at first, I was soon delighted to find them to be humble and insightful teachers with inspiring and accessible classes. At the end of the day they were big kids »

CATCH
MATT GIORDANO
IN DUBAI IN
FEBRUARY 2016 –
HE WILL BE HOLDING
WORKSHOPS
AT ZOGA YOGA
(ZOGA.AE)



Dice and Matt demonstrate how to get into backbends

*CHECK OUT EAST FOREST ON SOUND CLOUD FOR SOME AWESOME MUSIC TO FLOW TO.





“The main reason I practice yoga is not for enlightenment or some spiritual transformation, it is more simple and humble than that. it is about being happy”

having fun. Sometimes yoga gets so serious that we forget to just enjoy, laugh and play with it, which is why I fell in love with this weekend and the people it brought together.

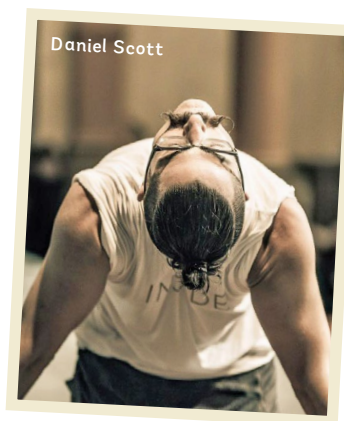
I managed to squeeze in seven classes over the two days, where my excitement seemed to mask my soreness for the most part (until 11.00am on day two when I disappeared for an hour to eat cake!).

Classes included a strong ladder flow and back bending with Dice, a juicy and funky ‘Honey in the Hips’ with Faith, Young Ho’s classic Inside flow, Yoga for strength with Daniel (which was class one of day two and included A LOT of child poses) and a grounding relaxing flow with Alexandra to end. Each teacher brought their own personality and insight, making each class very full and inspiring, with the focus to share the joy of yoga in a very realistic and digestible way... no fluff.

“The main reason I practice yoga is not for enlightenment or some spiritual transformation, it is more simple and humble than that. it is about being happy,” said Young Ho.

Having spent four days with him I could see this was very true. Sometimes yoga can get bogged down by tradition; I have sometimes found myself looking for transformation really hard, instead of just doing it because it makes me feel good! This conference put me back in touch with why I love yoga – it’s for the same simple reason as Young Ho... it makes me happy.

The weekend did not lead to any massive enlightenment or awakening and no perfection of handstand or any other physical posture, but it did lead to lots of new friendships, laughter, sweat and breathing (and child poses), and that was more than I could have hoped for. ❀



Daniel Scott: “I really appreciate and respect the Inside Yoga Conferences because they bring a believable and accessible approach to yoga to a very receptive and honest community. You will not often get the same experience in America because yoga has been around so long and everyone has done so many cool things that it’s kind of jaded but out here everyone is just very thankful and I am very blessed to be part of the voice that gets to contribute to that.”

Photos by Sascha Reutor
sr-photographic.de



Alexandra Harfield